

9 THINGS YOU CAN DO TO MANAGE YOUR COVID-19 SYMPTOMS AT HOME

1

Stay home from work and school. And stay away from other public places. If you must go out, avoid using any kind of public transportation, ridesharing, or taxis.

2

Monitor your symptoms carefully. If your symptoms get worse, call your healthcare provider immediately.

3

Get rest and stay hydrated

4

If you have a medical appointment, **call the healthcare provider** ahead of time and tell them that you have or may have COVID-19.

5

Cover your coughs and sneezes

6

Wash your hands often with soap and water for at least 20 seconds or clean your hands with an alcohol-based hand sanitizer that contains at least 60% alcohol.

7

As much as possible, **stay** in a specific room, and **away from other people** in your home. Also, you should use a separate bathroom, if available. If you need to be around other people in or outside of the home, wear a cloth face covering.

8

Avoid sharing personal items with other people in your household, like dishes, towels, and bedding.

9

Clean all surfaces that are touched often, like counters, tabletops, and doorknobs. Use household cleaning sprays or wipes according to the label instructions.

The Centers for Disease Control and Prevention is a group of more than 500 Indian scientists, engineers, technologists, doctors, public health researchers, science communicators, journalists and students who voluntarily came together in response to the COVID-19 pandemic. This group can be contacted at indscicov@gmail.com.